

# UK cycling clubs increase at an unprecedented rate

 By Joy Mali

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Women's cycling in the UK shows a noticeable growing trend, especially among adult women.

In 2011 alone, the National Cycle Network saw the largest increase of women on bicycles in the UK. In 2012, there were twice as many women that chose to ride to the store on a bicycle than two years earlier, showing that the trend is growing ever more popular.

Another growing trend are cycling clubs (or 'spin classes'), which have also become an increasing trend in both the UK and the US, as cycling clubs have been springing up at an unprecedented rate.



Image: [www.freedigitalphotos.net](http://www.freedigitalphotos.net)

Any UK women that are new to this trend should know that road bike clothing provides safety, but the clothing also provides comfort while bicycling to the store. Bike wear also provides safety while riding in traffic when reflective materials are used.

Cycling safety should be a number one priority, because up to [19,000 cyclists are either killed or injured](#) in the UK annually. Road bike clothing can greatly reduce that number with greater visibility to UK drivers. The more safety features you can include in your cycling trip, the safer you will be and the more fun you will be able to have.

## Staying cool

Comfort is important for women bike riders that plan to be riding for an hour or more, because the road bike clothing uses sweat wicking technology to keep one cool when perspiring on a bike ride of several miles. This is important, because dehydration and overheating become serious problems for women during warmer months. This common issue can be easily solved with proper bike wear. [Choose women's specific cycling gear](#) to eliminate most problems that women encounter when cycling.

Other than the fact that cycling is fun group sport, another great reason that more women should embrace it is from the health benefits. *Women's Health Magazine* gives seven reasons to start bike riding:

- It incinerates calories.
- You can bike nearly anywhere, no matter how busy you are.
- It tones your entire body.
- It gives you increased energy.
- It spares your joints pain.
- Every muscle group feels the benefits.
- It offers massive cardio benefits

The article shares that a woman riding between 12 and 14 miles, burn an average of 475-500 calories in a single ride.

## Energy levels

The journal Psychotherapy and Psychosomatics found that a woman that cycles, increases her energy levels by as much as 20%, and decreases fatigue by up to 65%. These findings provide the obvious facts behind the science that [bike riding keeps you fit and healthy](#). A researcher at Harvard University found that women that ride even casually, gained less weight than women that choose not to exercise.

Another great reason that cycling is growing more popular is that it is a low-impact exercise that is not as tough on a woman's joints, as running and jogging can be. Cycling offers numerous benefits, both to how the body looks and to how the body feels, which is likely why this sport is so drastically on the rise.

## ABOUT JOY MALI

Joy Mali is a certified digital analyst who helps online businesses to perform better on the web with best solutions & advice. Her content is featured on many mainstream sites & blogs.  
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